

**GRAINS/BREADS FOR THE FOOD BASED MENU PLANNING ALTERNATIVES  
IN THE CHILD NUTRITION PROGRAMS <sup>1</sup>**

<b>GROUP A</b>	<b>MINIMUM SERVING SIZE FOR GROUP A</b>
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mein noodles</li> <li>• Crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: weights apply to bread in stuffing</li> </ul>	<p>1 serving = 20 gm or 0.7 oz.  <math>\frac{3}{4}</math> serving = 15 gm or 0.5 oz.  <math>\frac{1}{2}</math> serving = 10 gm or 0.4 oz.  <math>\frac{1}{4}</math> serving = 5 gm or 0.2 oz.</p>
<b>GROUP B</b>	<b>MINIMUM SERVING SIZE FOR GROUP B</b>
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (white, wheat, whole wheat, French, Italian)</li> <li>• Buns (hamburger and hotdog)</li> <li>• Crackers (graham crackers-all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (white, wheat, whole wheat)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (white, wheat, whole wheat, potato)</li> <li>• Tortillas (wheat or corn)</li> <li>• Tortilla chips (wheat or corn)</li> <li>• Taco shells</li> </ul>	<p>1 serving = 25 gm or 0.9 oz.  <math>\frac{3}{4}</math> serving = 19 gm or 0.7 oz.  <math>\frac{1}{2}</math> serving = 13 gm or 0.5 oz.  <math>\frac{1}{4}</math> serving = 6 gm or 0.2 oz.</p>
<b>GROUP C</b>	<b>MINIMUM SERVING SIZE FOR GROUP C</b>
<ul style="list-style-type: none"> <li>• Cookies <sup>2</sup> (plain)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies <sup>2</sup>, fruit turnovers <sup>3</sup>, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	<p>1 serving = 31 gm or 1.1 oz.  <math>\frac{3}{4}</math> serving = 23 gm or 0.8 oz.  <math>\frac{1}{2}</math> serving = 16 gm or 0.6 oz.  <math>\frac{1}{4}</math> serving = 8 gm or 0.3 oz.</p>
<b>GROUP D</b>	<b>MINIMUM SERVING SIZE FOR GROUP D</b>
<ul style="list-style-type: none"> <li>• Doughnuts <sup>3</sup> (cake and yeast raised, unfrosted)</li> <li>• Granola bars <sup>3</sup> (plain)</li> <li>• Muffins (all, except corn)</li> <li>• Sweet roll <sup>3</sup> (unfrosted)</li> <li>• Toaster pastry <sup>3</sup> (unfrosted)</li> </ul>	<p>1 serving = 50 gm or 1.8 oz.  <math>\frac{3}{4}</math> serving = 38 gm or 1.3 oz.  <math>\frac{1}{2}</math> serving = 25 gm or 0.9 oz.  <math>\frac{1}{4}</math> serving = 13 gm or 0.5 oz.</p>

<b>GROUP E</b>	<b>MINIMUM SERVING SIZE FOR GROUP E</b>
<ul style="list-style-type: none"> <li>• Cookies <sup>2</sup> (with nuts, raisins, chocolate pieces, and/or fruit purees)</li> <li>• Doughnuts <sup>3</sup> (cake and yeast raised, frosted or glazed)</li> <li>• French toast</li> <li>• Grain fruit bars <sup>3</sup></li> <li>• Granola bars <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>• Sweet rolls <sup>3</sup> (frosted)</li> <li>• Toaster pastry <sup>3</sup> (frosted)</li> </ul>	1 serving = 63 gm or 2.2 oz. $\frac{3}{4}$ serving = 47 gm or 1.7 oz. $\frac{1}{2}$ serving = 31 gm or 1.1 oz. $\frac{1}{4}$ serving = 16 gm or 0.6 oz.
<b>GROUP F</b>	<b>MINIMUM SERVING SIZE FOR GROUP F</b>
<ul style="list-style-type: none"> <li>• Cake <sup>2</sup> (plain, unfrosted)</li> <li>• Coffee cake <sup>3</sup></li> </ul>	1 serving = 75 gm or 2.7 oz. $\frac{3}{4}$ serving = 56 gm or 2.0 oz. $\frac{1}{2}$ serving = 38 gm or 1.3 oz. $\frac{1}{4}$ serving = 19 gm or 0.7 oz.
<b>GROUP G</b>	<b>MINIMUM SERVING SIZE FOR GROUP G</b>
<ul style="list-style-type: none"> <li>• Brownies <sup>2</sup> (plain)</li> <li>• Cake <sup>2</sup> (all varieties, frosted)</li> </ul>	1 serving = 115 gm or 4.0 oz. $\frac{3}{4}$ serving = 86 gm or 3.0 oz. $\frac{1}{2}$ serving = 58 gm or 2.0 oz. $\frac{1}{4}$ serving = 29 gm or 1.0 oz.
<b>GROUP H</b>	<b>MINIMUM SERVING SIZE FOR GROUP H</b>
<ul style="list-style-type: none"> <li>• Barley</li> <li>• Breakfast cereals (cooked) <sup>4</sup></li> <li>• Bulgur or cracked wheat</li> <li>• Macaroni (all shapes)</li> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice (enriched white or brown)</li> </ul>	1 serving = $\frac{1}{2}$ cup cooked (or 25 gm dry)
<b>GROUP I</b>	<b>MINIMUM SERVING SIZE FOR GROUP I</b>
<ul style="list-style-type: none"> <li>• Ready to eat breakfast cereal (cold, dry) <sup>4</sup></li> </ul>	1 serving = $\frac{3}{4}$ cup or 1 oz., whichever is less

<sup>1</sup> Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>2</sup> Allowed only for desserts under the Enhanced Food-Based Menu Planning alternative specified in 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

<sup>3</sup> Allowed for desserts under the Enhanced Food Based Menu Planning alternative specified in 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

<sup>4</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.